

Enter goals and motivations Enter your ideas on how you can deal with people who are holding you back Enter the steps you plan to take to avoid relapse due to problems with Friends, you might want to list names and any specific problems and how you plan deal with them Detail how you are going to deal with trust issues and build trust Are there any new social groups you can join? Enter the places you associate with active addiction Enter the steps you plan to take to avoid relapse due to problems with Places Enter the things that may cause cravings Enter the steps you plan to take to avoid relapse due to problems with specific things Write down what your thoughts are on how to avoid these 4 What is my strategy if things get too much. What positive rewards can I give myself. Morning activities Afternoon activities Evening activities List the changes you want to make to help establish a better sleep pattern List hobbies that you may be interested in. These may be long forgotten pastimes, or something brand new Write down your thoughts on meditation Write down your thoughts on how you can improve your feelings of self worth Write down what your thoughts on counselling. If you think it will be worthwhile and when you should look into it.